SASKATOON metro®

NEWS WORTH SHARI

Pepsi steps in Dew ado

A celebrity-conceived Mountain Dew ad draws outrage for making sport of a battered woman being threatened PAGE 6

ABCs of skin creams

Are multitasking BB, CC and DD creams really worth the hype, or are they just a marketing ploy? PAGE 10

MELON MANIA

RIDERVILLE NORTH BRINGS THE GREY CUP FESTIVAL TO SASKATOON PAGE 4

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Friends of Boston bombing suspect removed fireworks from dorm: FBI

This April 20 photo shows the front tag on a 2006 BMW that a spokesperson from the Massachusetts Registry of Vehicles says is registered to Dias Kadyrbayev, who is charged with conspiring to obstruct justice in the Boston bombing investigation. One of Kadyrbayev's lawyers said the plate was just a joke gift from the 19-year-old's friends. ERIKA NIEDOWSKI/THE ASSOCIATED PRESS

19-year-olds charged. Two of three students arrested were previously jailed on allegations they were in violation of their student visas

Three college friends of Boston Marathon bombing suspect Dzhokhar Tsarnaev were arrested and accused Wednesday of trying to protect him by going into his dorm room and getting rid of a backpack filled with hollowed-out fireworks three days after the deadly attack.

The three 19-year-olds were not accused of any role in the bombing itself. But in a footnote in the court papers outlining the charges, the FBI said that about a month before the tragedy, Tsarnaev told two of them that he knew how to make a bomb.

Azamat Tazhayakov and Dias Kadyrbayev, both of whom came to the U.S. from Kazakhstan, were charged with conspiring to obstruct justice by concealing and destroying evidence. Robel Phillipos, who graduated from a Cambridge, Mass., high school with Tsarnaev, was charged with lying to investigators about the visit to Tsarnaev's room.

According to the FBI account, just hours after surveillance-camera photos of the Boston Marathon suspects were flashed around the world April 18, Tsarnaev's friends suspected he was one of the bombers and removed the backpack along with a laptop from Tsarnaev's room at the University of Massachusetts at Dartmouth.

One of them later threw the backpack in the garbage, and it wound up in a landfill, where it was discovered by law enforcement officers last week, authorities said. In the backpack were fireworks that had been emptied of their gunpowder.

The lawyers for the Kazakh students said their clients had nothing to do with the bombing and were just as shocked by the crime as everyone else. Phillipos' attorney, Derege Demissie, said outside court: "The only allegation is he made a misrepresentation."

Previously detained

Kadyrbayev and Tazhayakov have been in jail for more than a week on allegations they were in violation of their student visas, one because he was skipping classes, the other because he was no longer enrolled.

At a court appearance, the Kazakh students did not request bail and will be held for another hearing May 14. Phillipos was held for a hearing on Monday.

If convicted, Kadyrbayev and Tazhayakov could get up to five years in prison and a $250,000 fine. Phillipos faces a maximum of eight years behind bars and a $250,000 fine.

Three people were killed and more than 260 wounded on April 15 when two bombs exploded near the finish line. Tamerlan Tsarnaev, 26, died after a gunfight with police days later. His 19-year-old brother was captured and lies in a prison hospital.

THE ASSOCIATED PRESS

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Woman admits to sending dead infant to landfill

Taking responsibility. Lawyer says her client wants to get the process started as quickly as possible

MORGAN MODJESKI
morgan.modjeski@metronews.ca

A 19-year-old woman accused of sending her dead baby to the Saskatoon landfill has pleaded guilty to neglecting to obtain assistance in childbirth and concealing the body of a child.

Saskatoon police say the woman, who was 17 at the time of the offence, gave birth to the child at her home and then placed the deceased baby in a garbage can, which was then transported to the Saskatoon landfill.

Police did an extensive search of the landfill, but turned up nothing in relation to the case.

Her lawyer, Leslie Sullivan, said the woman wanted to enter the pleas at the first opportunity, as she'd like to get the process started as quickly as possible.

"She has taken responsibility for these matters at the first available opportunity, which, as you know, was her very first court appearance," Sullivan said, noting a pre-sentence report has been ordered.

The woman herself refused to speak to reporters, but Sullivan said she's dealing with the court proceedings and she appeared composed in court.

"She is very young and she was even younger when this matter happened," Sullivan said.

"Certainly it's not easy for her. I think it's been very difficult for her and her family, but she was ready to come to court today and was prepared."

She explained that although pleas are entered, it's still early in the court proceedings.

"Once we get a handle on the contents of the pre-sentence report and we meet further with the Crown, our sentencing submissions will come out," Sullivan said.

Leslie Sullivan, defence lawyer for the 19-year-old accused woman, says she will make sentence submissions once the Crown releases its pre-sentence report. MORGAN MODJESKI/METRO

"It's still very early. What we wanted to do was come in and get the pleas entered and get this process rolling so that my client can work on her issues and everyone can get on with things."

The woman, who cannot be named because she was a minor at the time of the offence, is scheduled to be back in court on June 26.

Reserve residents on alert to leave flood-threatened homes

Flooding has prompted a state of emergency on a northwestern Saskatchewan First Nation and officials warn that up to 200 people may be forced out of their homes.

Onion Lake Cree Nation is the eighth Saskatchewan community to declare a flood emergency since the weekend.

"At Onion Lake, their community is being affected by overland flooding, some sewer backups and some road-access issues," said Deanna Wysoskey, emergency Social Services co-ordinator.

Social Services is working with the Red Cross to set up a shelter at Lakeland College in Lloydminster.

Rising floodwater has already forced more than 50 people from their homes on the Poundmaker First Nation. They are staying in hotels in neighbouring communities.

But Wysoskey says the good news is that some of the water may be receding at Poundmaker.

"Some of those residents may be able to return home soon," she said.

Emergency declarations are also in place in the towns of Maidstone and Radisson, the village of Borden, the rural municipalities of Great Bend and Elfros, as well as the Poundmaker and Saskimay First Nations.

The Water Security Agency has said the entire southern half of the province will see water run-off levels above or well above normal.

The agency is watching the Wascana creek system, which runs through Regina.

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Grey Cup party heads north

Riderville North.
Roughriders want to embrace fans outside of Regina

MORGAN MODJESKI AND JANE CAULFIELD
Metro Saskatoon

Riders chair Roger Brandvold and Riders head coach Corey Chamblain pose at Wednesday's press event. Hoping to embrace Rider fans north of Regina, the organization will host three Grey Cup events to ensure residents in Regina aren't the only ones getting a taste of Grey Cup greatness. MORGAN MODJESKI/METRO

Not wanting to leave their Saskatoon fans out in the cold, the Saskatchewan Roughriders have announced the creation of Riderville North.

This will take the Grey Cup festival to Saskatoon on Nov. 23, giving "fans in the north" an opportunity to celebrate the 101st Grey Cup in Rider style.

"We truly are a provincial team and thanks to this committee and our tremendous fan support, we look forward to a number of great events in northern Saskatchewan this year," said Riders chair Roger Brandvold.

He said the club is thankful for its fans from across the province, who support the club through good times and bad.

Roughrider head coach Corey Chamblain said he was excited about the upcoming season and when asked about the pressure of hosting the Grey Cup he said it hasn't been getting to him or his team.

"Haven't lost sleep — no pressure at all," said Chamblain. "There are just more articles and more people asking about it. There's no pressure and the reason I say that is because we're in the second year of my tenure here and I fully expect to win the Grey Cup as those seven other head coaches do, but that's what we prepare for."

Gearing up for the Cup

- **Challenge Cup Touch Football.** This 24-team tournament takes place June 3-7 during the lunch hour at the Delta Bessborough Hotel, with a single-elimination tournament and wind-up party Friday night at Griffiths Stadium.
- **VIP 101.** Taking place June 6 at The Sheraton, members of the city's corporate community will be invited to meet members of the Rider staff to get an understanding of what activities will be happening in the city and how they can benefit.
- **Riderville North Fan Fest Day.** This annual event, taking place June 8, begins with a team autograph session. Fans are invited to stay and watch their team practice at Griffiths Stadium.

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Bike-helmet law needed in province: Advocate

Saskatchewan is pedalling far behind most other provinces by avoiding legislation on the use of bicycle helmets, safety advocates charge.

After the Manitoba government put a helmet law into effect in that province on Wednesday, the Saskatchewan Prevention Institute said it's time for Premier Brad Wall's administration to keep pace to prevent injuries and deaths.

"We've definitely been lobbying for bike helmet legislation for a very long time," Brittany Lang, child-injury-prevention co-ordinator for the institute, said from Saskatoon.

Saskatchewan is the only Western Canadian province without any provincial law on mandatory helmet use for cyclists of any age, and is one of only a few jurisdictions across the country to have steered clear of such legislation.

"The government isn't looking at doing it right now," said a spokeswoman with the government's executive council.

A communications staffer in Saskatchewan's Ministry of Government Relations pointed out, however, that the province allows municipalities to create bylaws for bicycle helmets.

Zackariya Bah, 4, wears a helmet while riding his bicycle through puddles at the legislative grounds in Regina. JEFF MACKEY/METRO

"Local governments are in the best situation to decide what sorts of bylaws they need for local communities," she said.

Only the City of Yorkton has a bike helmet bylaw, with a penalty of a $5 fine.

Lang said it's "a very good question" as to why the province has no law on the use of bike helmets, considering that 1,058 riders under age 19 in Saskatchewan were hospitalized due to cycling injuries between 1995 and 2004 — while one of every three of those cyclists suffered a head injury.

ROSS ROMANIUK/METRO

May Day marchers demand immigration overhaul in U.S.

Immigrant workers. Peaceful marches cross the U.S. in hopes of reaching Capitol Hill

An immigrant from Mexico marches during a May Day rally in downtown Los Angeles on Wednesday. DAMIAN DOVARGANES/THE ASSOCIATED PRESS

Demonstrators demanded an overhaul of immigration laws Wednesday in an annual, nationwide ritual that carried a special sense of urgency as Congress considers sweeping legislation that would bring many of the estimated 11 million people living in the U.S. illegally out of the shadows.

Thousands joined May Day rallies from Concord, N.H., to Los Angeles, where scores of marchers gathered downtown. In Salem, Ore., Gov. John Kitzhaber was cheered by about 2,000 people on the Capitol steps as he signed a bill to allow people living in Oregon without proof of legal status to obtain drivers licences.

In Vermont, more than 1,000 people assembled on the Montpelier Statehouse lawn. And in New York, paper rats on sticks bobbed along Sixth Avenue as about 200 protesters set off from Bryant Park, chanting: "What do we want? Justice! When do we want it? Now!" The rats were intended to symbolize abused migrant workers.

THE ASSOCIATED PRESS

Accident. 2-year-old girl killed by brother, 5, with gun received as a gift

A five-year-old U.S. boy accidentally shot his two-year-old sister to death with a rifle he had received as a gift last year, Kentucky authorities said.

The children's mother was home at the time Tuesday afternoon but had stepped out to the front porch for a few minutes and "she heard the gun go off," Cumberland County Coroner Gary White said. He said the rifle was kept in a corner, and the family didn't realize a bullet was left inside it.

White told the Lexington Herald-Leader newspaper the boy received the .22-calibre rifle, especially made for children, as a gift.

White identified the gun as a Crickett, referring to a company that specifically makes guns, clothes and books for children. "It's a little rifle for a kid. ... The little boy's used to shooting the little gun."

The shooting, while accidental, highlights a cultural divide in the U.S. debate over gun control, which again became a top issue after 20 young children and six adults were shot dead at a Connecticut school in December. While many urban and suburban areas work to keep guns out of the hands of children, it's not uncommon for youths in rural areas to own guns for target practice and hunting.

THE ASSOCIATED PRESS

'My first rifle'

Keystone Sporting Arms produced 60,000 Crickett and Chipmunk rifles in 2008, according to its website.

- The smaller guns come in all sorts of colours, including blue and pink.
- The company's slogan is "my first rifle," and its website has a "Kids Corner" section with photos of children at shooting ranges and on bird and deer hunts.

Global presence

Canada won't trade foreign policy for Security Council seat: Baird

The ongoing debate about Canada's standing on the world stage was rekindled Wednesday after John Baird admitted Canada won't run again for a spot on the United Nations Security Council.

Canada doesn't need a spot on the council to have a place in the world, the foreign affairs minister said Wednesday during a pointed question period exchange in the House of Commons.

"Canada's principled foreign policy is not for sale for a Security Council seat," Baird said.

"We are aggressively working on humanitarian aid to the most vulnerable ..."

"This minister will be noted as the minister who just gave up when it comes to trying to win back our seat ..." NDP critic Paul Dewar said.

THE CANADIAN PRESS

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In this online ad for Mountain Dew, the goat in the police lineup makes threatening remarks to the injured woman such as, "Ya better not snitch on a playa," and "Keep ya mouth shut." She eventually screams "I can't do this, no no no!" and runs away. YOUTUBE.COM

Celeb-made Mountain Dew ad leaves bad taste

Hip or horrible? PepsiCo pulls online spot depicting battered woman being threatened in police lineup

PepsiCo is once again learning the risks of celebrity partnerships after an ad for Mountain Dew was criticized for portraying racial stereotypes and making light of violence toward women.

The company said it pulled the 60-second spot after learning people found it offensive. The ad was part of a series developed by African-American rapper Tyler, The Creator, and depicted a battered white woman on crutches being urged to identify a suspect out of a lineup of black men.

A goat character known as Felicia is included in the lineup and makes threatening comments to the woman, such as "Ya better not snitch on a playa," and "Keep ya mouth shut."

The woman eventually screams "I can't do this, no no no!" and runs away. The word "do" is in apparent reference to the soft drink's Dew It slogan.

THE ASSOCIATED PRESS

Dairy farming. New mozzarella rules may mean cheaper pizza

Canada's dairy farmers have changed the rules they use to classify milk that goes into making mozzarella cheese. And that could result in cheaper fresh-made pizzas for consumers across the country.

The new milk class, to take effect June 1, is expected to result in lower costs for Canadian-made mozzarella for restaurants that prepare and cook pizzas on site.

The move could also slow or halt the erosion of domestic cheese sales to pizza restaurants. The battle to cut the cost of mozzarella for pizza restaurants has been fought for nearly 15 years, ever since frozen-pizza makers — including frozen-food giant McCain — won an exemption from Ottawa that allowed them to buy cheese at the cheaper world market price.

"There's been an inequity with frozen pizza versus fresh pizza with the exact same mozza cheese, and we've been pushing and pushing and pushing (for changes)," said Garth Whyte, president of the Canadian Restaurant and Foodservices Association.

THE CANADIAN PRESS

Online content. DreamWorks buys AwesomenessTV for $33M

DreamWorks Animation SKG Inc. is buying AwesomenessTV, a YouTube teen network, for about $33 million US in cash as it looks to tap into the popularity of online content.

DreamWorks said Wednesday that AwesomenessTV founder and CEO Brian Robbins will continue to direct growth at that company while also developing a DreamWorks branded digital family channel.

AwesomenessTV features talk shows, scripted and reality programs and sketch comedy. Its network of YouTube channels has 14.4 million subscribers. THE ASSOCIATED PRESS

Iowa

Mentally disabled plant workers awarded $240M

A jury on Wednesday awarded a total of $240 million US to 32 mentally disabled Iowa turkey processing plant workers for what an expert witness described as years of "virtual enslavement" by the company that oversaw their care, work and lodging. The jury found that Henry's Turkey Service, of Goldthwaite, Texas, violated the Americans with Disabilities Act.

THE ASSOCIATED PRESS

Market Minute

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A FOREIGNER IN LEAFS NATION

HE SAYS

John Mazerolle
metronews.ca

Dearest readers,

By the time you read this, I may have already been mocked.

As I write this, Game 1 in the playoff series between the Boston Bruins and the Toronto Maple Leafs has not yet been played. It promises to be a war and, as a fervent Bruins fan in Toronto, I'm trapped behind enemy lines.

Toronto is Canada's team — or so certain Leafs fans never tire of telling me — and here I am right in the belly of the buds. If Toronto was victorious in the first battle, the verbal and psychological abuse may have already begun. And if the Bruins took the skirmish, who knows what blowback I might be facing?

A number of people, concerned about my well-being, have asked what it's like to be a die-hard fan of one team while living in a rival team's city. In response, I scratch out this humble letter, keeping myself sane on the eastern (conference) front with pieces of chocolate and a few pin-up girls I've been able to find on the Internet.

I try to blend in here, but I fear my Bruins toque, two Bruins jackets, two Bruins T-shirts, four Bruins baseball caps, Bruins key chain and Bruins rubber bracelet may be giving me away.

Fortunately, most Leafs fans don't seem to notice me; they're too busy celebrating that they've made the playoffs for the first time since the Earth was hot and molten. They stumble around with goofy grins, shaking the rust of fandom off, yelling on the streets that they're "ready for the ... after-games ... tournament thing!"

But I must be careful not to prod. As I said, by now the Leafs may be up 1-0 in the series, and I'll be dodging the shots and cuts and jabs of co-workers and passersby. Just yesterday somebody said, "Your jacket looks terrible." The wound still festers.

I always live in fear of the perfect put-down, the one that will shame me and shut me down forever. Fortunately the best most people can do is, "Your team's best player sucks!"

And, in truth, Maple Leafs fans are remarkably gentle. It might be because the young men most likely to be jerks haven't had anything to strut about since they were 11. It might be because buying a game ticket requires a bailout from the World Bank. Or it might just be Toronto's easygoing nature.

Whatever it is, Leafs fans are not the threatening sort. Yet.

Compare that to, say, Philadelphia, where Flyers fans would gladly decapitate me at the gates of Wells Fargo Center and use my head as a clapper in the Liberty Bell.

Yes, I do consider myself a hero.

But I'm not alone. Right across this country there are people like me: Calgary fans in Edmonton, Edmonton fans in Vancouver, Montreal fans in Winnipeg. Rangers, Bruins and Blackhawks fans have infiltrated the North. And Maple Leafs fans seem to be everywhere, like spruce budworm.

God, I even know an Islanders fan, may his soul find rest.

Yes, we sports fans who value laundry over geography are legion. So, no matter what the outcome over the next two months, I will walk brave and true through enemy territory, knowing I have an army of like-minded soldiers at my back.

Unless, of course, the Leafs win the Stanley Cup, in which case I'm moving to Ouagadougou.

Don't bother writing.

ZOOM

C'mon, let's just wing it!

KARIN THORELL/REX FEATURES

First time taking flight for chicks

This amazing image shows goldeneye chicks (Bucephala clangula) taking a leap of faith as they leave their nest for the first time. In a heart-stopping scene, the mother urged the young sea ducks to jump a few metres to the ground. METRO

Photog's words

- "The mother knows when all the kids are out of the eggs and then she jumps out, down on the ground. She stands and makes special sounds to get the chicks to jump. In a moment, the little ones begin to jump out, and you will see the sweet birds coming one by one, all jumping in different styles as you can see."

Ducking out

"I had to wait two-and-a-half-hours to get this shot. It brought a tear to my eye."

Karin Thorell, nature photographer from Överkalix, Sweden

Click bait

ANDREW FIFIELD
andrew.fifield@metronews.ca

So now that a particularly nasty winter is behind us (most of us), the yearning for an escape to far-flung locales may have eased a bit. But there are still rainy days ahead, so why not spend one of them exploring the world? Here are three ways to do it.

Instahood:

Using Google Street View to investigate a neighbourhood can be a little Grand Theft Auto-like since you can't really enter any buildings and poke around. Instahood gets you closer to the real feel of a city (and its duck-faced selfies) through tagged photos on Instagram. (instahood.meteor.com)

Koozoo:

A newly released iOS app that allows users to broadcast video — either recorded or live — from their home city. Broadcasting is still in beta and limited to San Francisco and Austin, Texas, so file Koozoo under 'very promising' for now. (koozoo.com)

Tetsudo Now:

Tokyo's public-transit system is a breathtaking sprawl of remarkable efficiency, and you can watch it play out on a real-time map that provides arrivals information for its millions of users. (demap.info/tetsudonow)

Twitter

@metropicks asked: As the NHL playoffs get underway, we want to know: what's your playoff regime? Lucky pants? Not shaving?

@kajomha: wear a rain coat when going to Detroit games because I don't want to be showered with squid goo

@bobbyboucher604: wear jersey, & other @VanCanucks gear to the office, have large size flag in front window @ home, this yr some Ginga Ninja beer

@EthanDR: I use my lucky Netscape Navigator browser

@EvanPetrie17: Never really had one, Leafs finally made playoffs for the first time in 9 yrs. Maybe I won't wash this Leafs shirt. #Leafs

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SCENE 2

Project helps artist find herself in Somewhere, Saskatchewan

Hard to define. Stage story follows tale of a musician who's on the run in the prairies after things didn't work out the way she planned in Toronto

BACKSTAGE PASS
Simon Hiatt
saskatoon@metronews.ca

A passing glance at the poster for Carrie Catherine's latest project, Somewhere, Saskatchewan, might lead you to draw the conclusion it's a one-woman play, but that's not really the case.

For one thing, she shares the stage for much of the performance with Hal Schrenk, but he doesn't really consider himself a character.

"I'm kind of like Carrie's creative subconscious in the play, her muse," Schrenk said. "It's almost like a one and a half person play."

The project, written by Kelly Jo Burke with songs by Catherine, tells the story of Ez, a musician who finds herself on the run in the prairies after dreams of stardom, and her relationship, have fallen apart in Toronto.

It has been in development for some time, but came to fruition thanks to a successful crowd funding campaign.

Along the way Catherine found out there would be yet another person joining her on stage, as she learned she was pregnant.

"Yes that has changed the plan a little bit," Catherine said with a laugh.

While the third member of the show won't be visible to the audience, that hasn't stopped he, or she, from trying to get in on the act.

"Every once in a while there's a part where Carrie joins me on drums and I guess the baby is really kicking during that part," Schrenk said.

Initially Catherine and Schrenk had planned to tour the production throughout the year, but that has been delayed.

As the two major focuses of Catherine's life continue to gestate over the next several months, there's no telling how Somewhere, Saskatchewan will develop.

There are plans for a website that will highlight some of the creative corners of the province which helped inspire the production.

She has also recorded a soundtrack which accompanies the ambitious, yet hard to define project.

"It's really a new form. It's not a musical in the sense that music doesn't further the plot. But it's not a concert; you're actually kind of watching the creative process evolve." Catherine said.

"It's very unique," added Schrenk.

"You're seeing this being created before your eyes and it will morph a bit with each performance."

Somewhere, Saskatchewan is playing at Meacham's Dancing Sky Theatre through May 12, before returning next year to tour the province.

"We'll pack up the baby and head out on the road," Catherine says. "We're going to wow those crowds and give them something new."

Carrie Catherine and Hal Schrenk rehearse their production, Somewhere, Saskatchewan. SIMON HIATT/METRO

Origins

The story of Somewhere, Saskatchewan evolved out of a combination of Carrie Catherine's own experiences touring the province as a musician and contributions of stories solicited during the crowd funding campaign.

"The story is about trying to make art in the middle of nowhere," Catherine said. "We basically said 'write yourself into this story.'"

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I am such a hoarder I can't even close open windows on my computer.

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At the bar, met Chris & Mike from Schiavone Construction who are bringing the subway to LA. About time.

Kelly Osbourne loses her cool with interviewer

Kelly Osbourne ALL IMAGES GETTY

Kelly Osbourne isn't the easiest person to interview, at least according to Daily Telegraph reporter Joel Christie, who's spilling about a particularly tense chat with the reality star. "The conversation didn't start well. She called me 'presumptuous' for calling her rumoured fiancé her fiancé," Christie reports, adding that Osbourne got testy pretty quickly. "You are trying to f—ing turn this around and get s— on my family, aren't you?" she reportedly scolded him. Christie remains miffed: "It's pretty vexing when you're screamed at for spurious reasons."

The Word

Why Jennifer's latest dress has us whispering and wondering

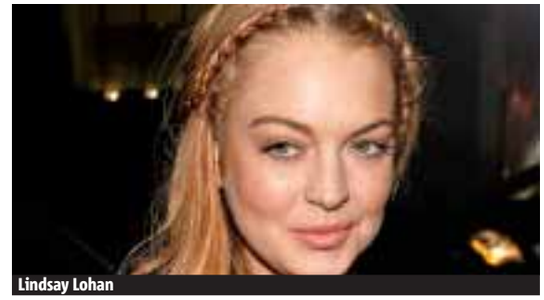
THE WORD
Dorothy Robinson
scene@metronews.ca

Oh man. Jennifer Aniston. What are you doing to us? How in the world can you show up to an event in what has been alternately described as a "billowy," "loose," "definitely maternity" dress? What does this mean?! Of course, it could just be that the actress is wearing a loose-fitting dress at the book launch party for Mandy Ingber's Yogalosophy: 28 Days to the Ultimate Mind-Body Makeover and we are all jumping to conclusions. And honestly, if I were Jennifer Aniston, I'd wear dresses like this until the day I die just to continuously mess with the minds of the baby-hungry public at large.

But! It seems like the actress has moved her wedding date and she's passing the blame to Brad Pitt (ex-husbands are always good scapegoats). She doesn't want to overlap with Brad Pitt and Angelina Jolie's rumoured wedding this summer, according to Us Weekly. "She does not want her day associated with them," a source says, adding that when Aniston first heard of Pitt's planned wedding date she considered moving her wedding to Justin Theroux up to take place before it, but her fiancé talked her out of that idea. Aniston has now reportedly put her wedding plans completely on hold. "Nothing has happened on that front in a month," the source says. Maybe that's because she's pregnant?! Or not. Only time, and more billowy dresses, will tell.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Lindsay Lohan

Lohan must attend rehab to avoid possibility of jail

Today's the day that Lindsay Lohan has to report for 90 days of court-ordered rehab, though at press time no facility had been chosen yet, according to E! News. If she doesn't check in somewhere she will be "required to show up to court on Thursday with her lawyer in L.A.," a source says. "If Lohan does not comply with the judge's order, that would be a violation of probation that could land her in jail." But one thing's at least for sure: Lohan won't be blogging about the experience while she's locked up, despite a report that she'd be using her personal website to chronicle her rehab. "She will not be blogging from rehab, but she does plan to have her own space on the web where she can talk about her passions," another source says.

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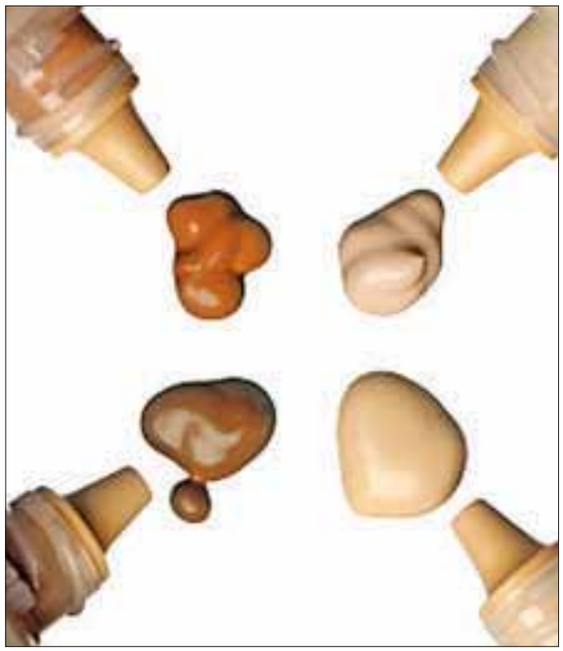
Multi-task makeup: a miracle or a marketing scheme?

She's all that?
Alphabet skin care has pretty much reached its tipping point, surfacing not only on swanky beauty counters but also in drugstore makeup aisles. But are the multi-function creams really improving your skin or merely clogging your pores? We take a look at the pros and cons

ROMINA MCGUINNESS
Metro World News in London



By now you've probably seen, tried or become addicted to all-in-one BB creams, which promise to protect, hydrate and perfect your skin while covering your spots.

"Having a product do it all was a first in the world of cosmetics, where the colour and function of the formula usually comes first and the treatment benefits take a back seat," Kerri Bender, manager of global product development at Smashbox Cosmetics says.

And maybe you're excited to get into CC creams, which arrived this spring and are meant to even out skin tone, reduce dark spots and enhance skin radiance through optics and coverage.

Now, the beauty industry is in a frenzy over the first ever DD cream, due to hit stores in June. Produced by Julep, it will target age spots, fine lines and, yes, cover flaws.

But are all of these multi-taskers yielding results?

"To me they're marketing hype," says Mary Schook, a New York based celebrity facialist and makeup artist. "What's good about all of this is that it forced the industry to work on building better foundations. Because we haven't seen such a shift in the industry since Bobbi Brown first introduced yellow to foundation colours," Schook adds. She and Bender help us look at the pros and cons.

Face the facts

"We haven't seen such a shift in the industry since Bobbi Brown first introduced yellow to foundation colours."

Mary Schook
Celebrity facialist and makeup artist.

Julep DD Crème

$36,
julep.com

Smashbox CC Crème

$42,
smashbox.com

Dior Hydra Life BB Crème

$56,
dior.com

PROS — Kerri Bender

A simpler makeup routine

"BBs are the baseline. You don't have to be a makeup junkie to use one. If you're looking for an all-in-one product, something that is going to prime, perfect, protect, hydrate and control oil, then it's the right one for you."

They mix well with your other products

"Both BB and CC creams work for any skin type. If you require a little more hydration, use your BB or CC cream in conjunction with your moisturizer. And if you have problems with shine, you can top off your BB or CC with a finishing powder."

They're good primers

"If you need higher coverage, most BB and CC creams function as primers and can be layered under your foundation for added benefits. And both offer strong sun protection."

CONS — Mary Schook

Clogged pores

"BB creams contain so many different ingredients that the skin can't handle, such as silicone and avobenzone, which cause breakouts. BB creams are supposed to have sunscreen and avobenzone is the popular ingredient in that, hence the acne. And the silicone in BB creams create a veil over the skin that doesn't allow it to breathe. It feels like it's breathing, but it's a false thing. It's creating a barrier that's not allowing the skin to perspire the way that it should. That's what is trapping the bacteria."

Heightened sensitivity

"CC creams do give a glow to the skin. But when you have a product that claims to colour correct, the way CC creams do, you have to worry about skin character because you're taking away things that protect the skin cells. When the cells want to cause any kind of pigmentation, it's the body trying to protect itself. If you take away all of that pigmentation, or the ability for the body to do that, then the body cannot defend itself."

Skin irritation

"The new Olay CC cream contains a lot of alcohol and the regular breakout irritants. But, it also contains niacinamide (a form of Vitamin B), which is very good. This shows promise in the formula, but you're still better off using an anti-aging serum instead of a product that is trying to be everything and irritates you."

Shepherd's Pie goes meatless and Mexican with quinoa as its star

This recipe makes 1.5 l (6 cups). THE CANADIAN PRESS H/O

Cookbook of the Week

Cooking super food

Quinoa, one of the most popular superfoods, gets the spotlight in The Vegetarian's Complete Quinoa Cookbook by the Ontario Home Economics Association. The release boasts more than 125 recipes, many of which are gluten free, contributed by professional home economists. Every recipe includes a nutritional profile and is less than 500 calories.

Among specific recipes are: African Peanut Soup with Red Quinoa, Goat Cheese, Red Pepper and Spinach Quiche, Dark Chocolate Pudding Cake.

METRO

1. Heat oven to 180 C (350 F). Bake sweet potatoes for 60 minutes or until tender. Alternatively, microwave at high for 8 to 12 minutes. Let cool until easy to handle.

2. Lightly grease a 2-l (8 cups) baking dish with canola oil or line with wet parchment paper (makes cleanup a breeze). Set aside.

3. In a large soup pot or Dutch oven, heat oil over medium heat. Add onion, red pepper, garlic and cumin. Cook, stirring often, for 5 to 7 minutes. Stir in black beans, cooked quinoa, corn and salsa until well combined. Remove from heat.

4. Pour into prepared pan. If you used a microwave to cook sweet potatoes, at this point heat oven to 180 C (350 F).

5. Meanwhile, cut cooled sweet potatoes in half and scrape out flesh. Discard skins. Mash sweet potato well with sour cream. Stir in cilantro. Season with pepper, if desired.

6. For a rustic look, spoon sweet potato mixture over quinoa mixture in heaping teaspoonfuls. (If you like more conformity, spoon on and spread out.)

7. Bake for 30 minutes or until heated through and bubbly. Sprinkle top of casserole with green onion, if using. **THE CANADIAN PRESS/ RECIPE ON THIS PAGE APPEARS IN THE VEGETARIAN'S COMPLETE QUINOA COOKBOOK BY THE ONTARIO HOME ECONOMICS ASSOCIATION. EDITED BY MAIRLYN SMITH (WHITECAP, 2012).**

Ingredients

- 1 kg (2 lb) sweet potatoes, scrubbed well and pierced all over with a fork
- 15 ml (1 tbsp) canola oil, plus extra for greasing casserole dish
- 1 onion, chopped
- 1 red pepper, diced
- 2 cloves garlic, minced
- 10 ml (2 tsp) ground cumin
- 1 can (540 ml/19 oz) black beans (no salt added), well rinsed and drained
- 250 ml (1 cup) cooked quinoa made with water
- 250 ml (1 cup) frozen corn (no need to thaw)
- 250 ml (1 cup) mild or medium salsa, deli-style
- 50 ml (1/4 cup) light sour cream
- 50 ml (1/4 cup) finely chopped cilantro
- 1 ml (1/4 tsp) freshly ground black pepper (optional)
- 50 ml (1/4 cup) thinly sliced green onion or chopped cilantro, for garnish (optional)

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SHOPPERS DRUG MART

Granny's farmhouse tabletop trend

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

For most of my adult life I have tried to veer away from anything remotely familiar to my mother or grandmother's decor styles. Recently, I was shopping at a consignment shop and found a set of scallop-edged toile dessert plates. Not sure what I was going to do with them, I purchased them and decided to make them work at my next dinner party.

While mixing old and new is a huge trend, I figured I had my work cut out for me to incorporate them into a trend-setting table scape.

Recently, the look of farmhouse style has shown up at many home decor retail stores. This mix-and-match of humbly-worn objects can allow us to create a trendy table scape by combining our old dishes with this charming style — perfect for casual summer entertaining.

Fog wine glass

Hand-made, chunky and smoky make for a casual way to enjoy wine. $5, crateandbarrel.com

Placemat

Create the look of a worn table without waiting 100 years. Add textured placemats made of heavy, durable vinyl. Natural Effects Driftwood Placemat, $7, bedbathandbeyond.ca

Candle holders

Trend colours pulled from my vintage dishes help to contemporize a table. Recycled Glass Curvas Candle Holders, $29 to $39, urbanbarn.com

Bracket dinner plate

A silhouette of curves with the drama of dark grey help add a modern touch to a place setting. $6, cb2.com

Salad plate

Dig up something vintage from Granny's china cabinet and use it to inspire a table setting. Avon Cottage Scalloped Salad Plate, $20, ofthingspast.com

Platter

Organically shaped oval platters in dark grey add that touch of drama to a precious table. Scape Serve Ware Platter, $30, WestElm.com

Charger plate

Incorporate a level of formality to your table without making it feel overly traditional. Silver-Plated Charger Plate, $45, potterybarn.com

Silver-plated flatware

Look like you've "collected" cutlery from your many visits to fancy hotels. Sheffield Heirloom Silver-Plated Flatware, $145, potterybarn.com

Spruce up your kitchen for spring

DIY ideas. Brighten it up with a hint of colour, lighting and decor that gives your space a fresh look without breaking the bank

As the grey skies and dull days of winter are now behind us, give your kitchen a fresh facelift for the spring.

Get more economical and clever kitchen design ideas from I Hate My Kitchen on DIY Network Canada.

See the light

Installing lighting under kitchen cabinets can be an easy and inexpensive way to add a subtle glow and brighten up a room.

Low-voltage xenon lightbulbs are cost effective with a long life, and are a great way to enhance your counters and shelves.

This extra ray of light will help with food preparation while also creating a dramatic effect at night.

True colours

Add a splash of colour with affordable kitchen accents like vibrant storage boxes.

It's as easy as purchasing a few old wooden crates and spray painting them with vivid tones. These accent pieces can also be used to store extra dishes, utensils, cookbooks and any other items that need to be packed away.

Sticky situation

Create a fun design on your kitchen walls without calling in the painting professionals.

Wall decals come in a variety of colours and designs to suit different tastes. It's as easy as sticking the decal onto your wall and then just peeling it off when you're ready to move on to your next design.

Scratch the surface

Add texture to your kitchen walls with a unique backsplash using versatile materials such as salvaged wood scraps from an old cottage, photocopies of favourite recipes, or even a vintage vinyl tablecloth.

This serves as a budget-friendly and simple way to freshen up your kitchen space on a whim, without having to make any long-term decisions.

Out in the open

Create an open concept storage setting by stacking colourful dishes on uncovered shelves.

Bright and vibrant dishes can be so much more than just serving items for meals. They can also become beautiful displays to liven up your kitchen.

Adding light under your cabinets give it a subtle glow. ISTOCK IMAGES

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Budget. Simple projects can lead to savings

Renovations aren't just about updating the design and comfort of your home or cottage, they can also be a great way to incorporate better approaches and sustainable technologies that cost very little, but lead to big savings.

It's often hard to know where to start when considering a green renovation. If you are considering a partial or full home renovation and want to go green, visit cagbc.org/greenhomes for a valuable list of resources, including local architects, advisers or contractors who are best qualified to help.

Here are some simple tips to get you thinking about renovating your space with an eye to saving — both money and the environment:

• Often in renovations you have the opportunity to fill uninsulated spaces to make them more energy efficient. To go green, consider rock wool or cellulose insulation. Both are available at most home renovation centres and contain recycled content, are made in Canada, and have the potential to reduce your monthly heating costs.

• The biggest single electricity user in an average gas-heated home is your refrigerator. While renovating a kitchen, consider recycling your old fridge (many utility companies will pick it up for free) and purchasing an Energy Star fridge. Choosing a smaller size will also reduce the monthly energy cost. Compare the EnerGuide rating that is listed on each fridge before you buy one — this will tell you which ones will save you the most energy and the most money.

• Reducing water use and hot water bills when renovating your bathroom is easy. Installing a low-flow or low-flow dual-flush toilet can reduce your water use by up to 25 per cent. A smart way to sort through what works best is to visit map-testing.com.

• Did you know showers use about 40 per cent of the hot water in your home? Installing the right low-flow shower head, especially one that is 1.75 gallons per minute (GPM) or less, will save you up to 30 per cent.

• When looking to replace or install new windows, look for those that are Energy Star rated for zone C or D. You could also consider installing casement windows, which tend to be less drafty as they age when compared to slider and double hung windows. **NEWS CANADA**

A fresh coat of paint can give your home an updated look and feel — and it doesn't have to cost a lot of money. DIGITAL VISION/THINKSTOCK

Choose 'smart' renovations

Many Canadians are interested in knowing the "smartest" household renovations to make to receive a good return on their investment. Although there are many variables that affect the value of a home, the Appraisal Institute of Canada (AIC) offers these general tips to Canadian consumers.

1 Choose improvements with long life expectancy. Roofing, energy-efficient heating and cooling systems, and windows can provide homeowners worry-free home improvements for as long as 10 to 15 years.

2 Invest in modern updates in high-traffic areas. Update the core rooms of your home such as the kitchen and bathroom. This can be as simple as changing door knobs, resurfacing cabinets, or replacing fixtures and countertops.

3 Don't underestimate the value of inexpensive updates. A fresh coat of paint, modern lighting fixtures, light landscaping or gardening, or upgraded door handles can give your home an updated look and feel — and it doesn't have to cost a lot of money.

4 Consider energy-efficient renovations that have a high return relative to cost. Energy-efficient renovations are considered one of the highest paybacks relative to cost.

5 Be careful about over-improvement. Consider your neighbourhood and the expectations of buyers in your area when planning your next renovation project.

6 Think about your personal needs. How much you spend on improvements will depend on how long you plan to live in your home. If you are thinking shorter term, smaller and less-expensive improvements may be your best bet to recover your investment.

7 Be sure to get a building/renovation permit. Take the time to obtain the proper building permits from your municipality or appropriate authority. This is a good step to ensuring that the renovation work complies with the building codes.

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Leafs feel sting of playoff hornet's nest

Black-and-yellow beat down. After scoring first, Buds largely silent in return to post-season play

Bruins forward Nathan Horton redirects the puck past Maple Leafs goalie James Reimer with 12 seconds remaining in the first period to make it 2-1 in Game 1 of the Eastern Conference quarter-final series on Wednesday night. Boston was dominant from that point on en route to a 4-1 win at home. JARED WICKERHAM/GETTY IMAGES

Nine years out of the NHL playoffs and the Toronto Maple Leafs looked rusty. And sloppy. And, by the end, befuddled.

David Krejci had a goal and two assists as the Boston Bruins spoiled Toronto's long-awaited return to the post-season, scoring four unanswered goals to defeat the sloppy Maple Leafs 4-1 on Wednesday night.

The Bruins went behind early but clawed their way back into the game before a capacity crowd of 17,565 in yellow-and-black at TD Garden — Boston's 154th straight sellout. The experienced Bruins turned the screws on the error-prone Leafs as the game wore on.

"I just thought we self-destructed.... We know that this is going to take more than an ordinary effort and tonight our effort wasn't anywhere near close enough to put us in a competitive position," said Leafs head coach Randy Carlyle.

Fans may have partied early in Toronto but last call was reserved for Bruins fans on this night.

Wade Redden, Nathan Horton and Johnny Boychuk also scored for Boston on a night where video review ratified one Bruins goal and disallowed two more.

Game 1

Bruins	Maple Leafs
4	1

Krejci, meanwhile, registered his 13th career multi-point playoff game in his 60th appearance in the post-season.

James van Riemsdyk scored for Toronto, whose big guns were silent.

Boston outshot Toronto 40-20, including 14-6 in the third period.

"We left Reims (goalie James Reimer) out to dry for most of the game," said Leafs centre Nazem Kadri, who also lamented a string of undisciplined turnovers.

"We are just killing ourselves when we do those type of things," he said. "No one expects to win when you're playing shinny hockey out there."

"I've never seen so many people fall down with nobody around them," added Carlyle.

Game 2 goes Saturday and Carlyle promised changes in his lineup.

"There are some thing we did that were totally, totally unacceptable from our standpoint and from a coaching standpoint and we have to correct it," he said. "And now we have two days of practice and we're going to practise to get better."

Carlyle said the good news was that his players can perform better.

"And they know they can," he added. "We have to take that responsibility in the next couple of days to get ourselves ready." THE CANADIAN PRESS

Bad ring to it

22

Going into Game 1, 15 players on the current Leafs 25-man roster had never seen playoff action. Boston entered the series with 1,273 games of playoff experience on its roster and 22 players have Stanley Cup rings.

NBA playoffs

Celtics streak past Knicks again

Jeff Green scored 18 points and the Boston Celtics stayed alive in the NBA playoffs, cutting the New York Knicks' lead to 3-2 with a 92-86 victory Wednesday night.

The Celtics will host Game 6 on Friday night, needing two victories to become the first NBA team to overcome a 3-0 deficit to win a series. THE ASSOCIATED PRESS

NBA playoffs

Pacers jump back ahead of Hawks

David West scored 24 points and Paul George had 21 points and 10 rebounds to lead Indiana past Atlanta 106-83 on Wednesday night to take a 3-2 series lead.

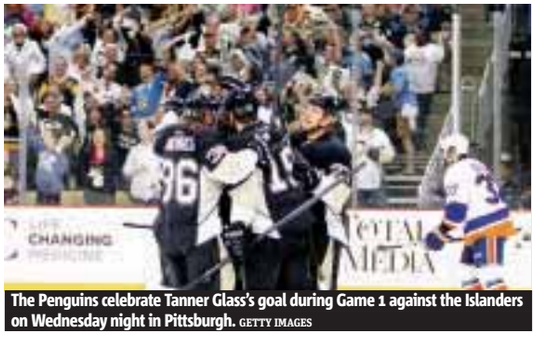
The Pacers have all won three home games in the best-of-seven and are 5-0 at home this season against the Hawks. They'll go to Atlanta on Friday with a chance to clinch the best-of-seven series. But the Hawks have won 13 straight at home against the Pacers, including both games in this series. THE ASSOCIATED PRESS

Time will tell

"I think the real response will be once he gets a job."

Brooklyn Nets veteran Jerry Stackhouse on Jason Collins' recent announcement that he is gay. Collins, a 34-year-old journeyman, becomes a free agent on July 1 — meaning that he will first have to sign with an NBA team and wait until next season to see if teammates, coaches, opponents and fans will treat him any differently.

Penguins live up to top-contender status



The Penguins celebrate Tanner Glass's goal during Game 1 against the Islanders on Wednesday night in Pittsburgh. GETTY IMAGES

Pascal Dupuis scored twice, Marc-Andre Fleury made 26 saves, and the top-seeded Pittsburgh Penguins opened the playoffs with a 5-0 romp over the New York Islanders on Wednesday night.

Beau Bennett, Kris Letang and Tanner Glass also scored for the Penguins, who had no trouble against the upstart Islanders even with star Sidney Crosby sidelined by a broken jaw. Pittsburgh hardly needed its captain to continue its mastery of the Islanders, who made their first playoff appearance since 2007.

Fleury earned his sixth career playoff shutout.

Game 1

Penguins	Islanders
5	0

The Penguins, the No. 1 seed in the Eastern Conference, beat Evgeni Nabokov four times in the game's first 22 minutes, including goals by Letang and Dupuis 32 seconds apart early in the second period to send Nabokov to the bench after he stopped just 11 shots.

Kevin Poulin came on in relief and surrendered a soft goal to Glass.

Game 2 is Friday in Pittsburgh. THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
Today's planetary picture urges you to enjoy the social side of life. You may have a long journey ahead of you but that does not mean you cannot pause to smell the flowers along the way.

♉ Taurus
April 21 - May 21
Why so uptight? Is it because you think a secret is being kept from you? It does not matter what the rest of the world is doing. It matters only what you are going to do next.

♊ Gemini
May 22 - June 21
You seem to be much in favour with loved ones and friends at the moment, which is good. But don't let their kind words and attention distract you from your most important tasks. There's work to be done.

♋ Cancer
June 22 - July 23
Try to relax and take setbacks in your stride. There will always be things that don't work out the way you want them to — you'll never change that. What you can change is your own attitude. Be confident.

♌ Leo
July 24 - Aug. 23
Someone you don't always get along with seems remarkably friendly at the moment. Is this a genuine change of heart or is it a trap? They just want to draw a line on the past.

♍ Virgo
Aug. 24 - Sept. 23
Is someone at work causing you grief? If so it may be a situation of your own making. Try not to be quite so competitive today. Co-operation is the key to success.

♎ Libra
Sept. 24 - Oct. 23
You seem to think that you alone know how to resolve a tricky situation. Maybe you do but it will still pay you to get other people involved, and that means listening to all opinions.

♏ Scorpio
Oct. 24 - Nov. 22
Now that Mercury has moved into your opposite sign, you should find it easier to reach out to people you know and those you will need to know to further your ambitions.

♐ Sagittarius
Nov. 23 - Dec. 21
It is always easy to see the worst in people but today you should look for the best in them. It's there, if you open your eyes wide enough to see. Look in the mirror and greet your own good side too.

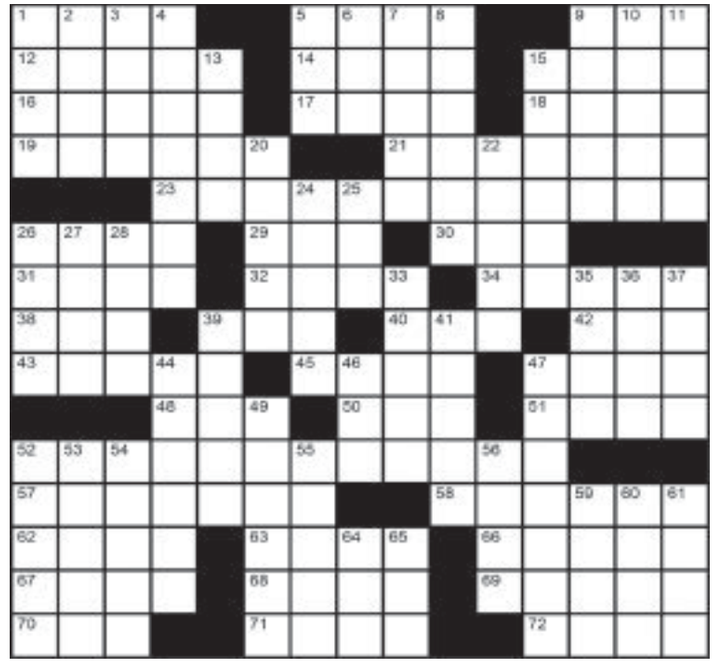
♑ Capricorn
Dec. 22 - Jan. 20
If someone asks what you think of something they have done today, tell them you think it's fantastic, even if you don't. They could do with a confidence boost and you're just the one to give it to them.

♒ Aquarius
Jan. 21 - Feb. 19
The trick you need to master now is making others believe you are not as smart as you are. If rivals underestimate what you can do, you may catch them off guard and beat them to the prize.

♓ Pisces
Feb. 20 - March 20
Modesty comes naturally to you and that's good because someone will go out of their way to talk you up. It's nice to be flattered, of course, but what is their motive? SALLY ROMPTON

Crossword: Canada Across and Down

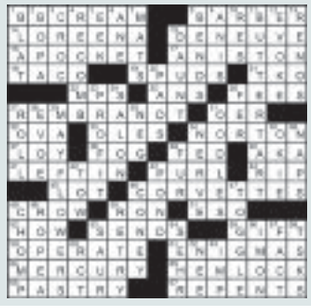
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Catherine __ (Henry VIII's sixth/last wife)
5. Mr. Bunny
9. Some computers and printers, e.g.
12. "The Love Boat" bartender
14. Swedish furniture store
15. Hair: __ Plus 2 in 1
16. Flagstones-created retreat
17. Horse gait
18. Pinocchio, sometimes
19. Witch's works
21. "Umbrella" singer
23. #99: 2 wds.
26. Plant-growing pet
29. Thor Heyerdahl's raft, __-Tiki
30. Pastureland parent
31. TV classic, "I Love __"
32. The 'E' in QED
34. Archie Bunker's wife
38. Gone†by
39. Message regarding health or safety, e.g.
40. 'Dull' suffix
42. Thought something was groovy
43. High IQ society
45. Price __
47. Tapestry thread
48. Phone's 8 letters
50. Part, puny-ly
51. Chows down
52. Eastern mountains stretching The States to Quebec/Maritimes
57. __ Falls, Ontario
58. Second Cup servings
62. Great dancer Mr. Kelly
63. Exist
66. Single-named songstress
67. Decorated, as cupcakes
68. 'Persist' suffix
69. Mr. Savard, Hockey Hall of Famer
70. Snake-like splasher
71. Region [abbr.]
72. Think, archaically

Down
1. Singers for Gladys
2. Hurried office memo letters
3. Appraise
4. Canadian National __
5. Fragment
6. Kiev's li'l land
7. Christopher Plummer film role, Captain __ von Trapp
8. Form of comedy
9. Ketchup brand
10. Buffoonery
11. '80s rockabilly hit: "__ Cat Strut"
13. Coca-__
15. Gold-__
20. Comic actress Wanda
22. Shaped with an axe
24. Ms. Jones of song
25. 'Phenom' add-on
26. Beach sighting
27. Massive
28. PC picture
33. "Star Trek" star George
35. Light bulb meaning!
36. __ of hair
37. Tiny tallnesses
39. Ms. Abdul
41. Sceptre-holder's characteristic
44. Put on, as plays
46. Suffix with 'Ghoul'
47. Canadian airline
49. Scoundrel of yore
52. Rolling Stones ballad
53. Period __ (Historic flick)
54. __ of experts (TV debate show guests)
55. British actor Michael
56. Captures
59. Unit of pressure
60. Cogito __ sum (I think therefore I am)
61. Distort
64. Pre-DVD machine
65. Always, fancy-style

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

5	1	2	4	9	8	6	7	3
9	8	7	6	3	2	1	4	5
3	6	4	7	1	5	2	8	9
2	4	8	3	5	9	7	6	1
1	3	9	2	6	7	4	5	8
6	7	5	8	4	1	9	3	2
8	5	1	9	7	6	3	2	4
4	9	6	5	2	3	8	1	7
7	2	3	1	8	4	5	9	6

Today's Sudoku

3			1		4			8
9	1	6				4	3	5
		5	4		2	8		
8								2
		9	8		5	6		
1	7	4				9	8	3
2			7		8			6

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